

## INTRODUCTION

The **relationship** between disease and lifestyle is becoming more apparent every day. Is it any wonder so many are enjoying less than optimum health with a way of life which includes job related tensions, financial pressures, refined foods, high fat and cholesterol diets, inadequate exercise and rest?

The "**Eight Laws of Health**"—sometimes called "Nature's Doctors"—point the way to long life and physical, mental and spiritual well-being.

## WHAT IS DISEASE?

**Disease is an** effort of nature to free the system from conditions that result from a violation of the laws of health.

**In case of sickness**, the cause should be ascertained. Unhealthy conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.

**Disease is not a thing.** It is the absence of a thing---health.

**Now let's look at** our 8 Doctors and get a **NEWSTART.**

## 8 Laws of Health

- Nutrition
- Exercise
- Water
- Sunshine
- Temperance
- Air
- Rest
- Trust in Divine Power

**What does** God say about health In THE WORD:

**Psa 38:3** There is no soundness in my flesh because of thine indignation; Neither is there any health in my bones because of my sin.

How do we look at God's indignation in His pure essence of Love which is His character? Our impression would go to the way we as humans understand indignation. God's indignation is: turn ye, turn ye for why will ye die? God can't believe that you did something that would harm you.

**Pro 4:20** My son, attend to my words; Incline thine ear unto my sayings.

**Pro 4:21** Let them not depart from thine eyes; Keep them in the midst of thy heart.

**Pro 4:22** For they are life unto those that find them, And health to all their flesh.

**Pro 4:22** Knowing these teachings will mean true life and good health for you.

**Pro 16:24** Pleasant words are as a honeycomb, Sweet to the soul, and health to the bones.

**Pro 16:24** Gracious words are like a honeycomb, sweetness to the soul and health to the body.

**Jer 30:17** For I will restore health unto thee, and I will heal thee of thy wounds, saith Jehovah;

**Jer 33:6** Behold, I will bring it health and cure, and I will cure them; and I will reveal unto them abundance (riches) of peace and truth.

**Jer 33:6** Behold, I will bring to it health and healing, and I will heal them and reveal to them abundance of prosperity and security.

**3Jn 1:2** Beloved, I pray that in all things thou mayest prosper and be in health, even as thy soul prospereth.

**3Jn 1:2** Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

**Job 33:25** Our health is restored, we feel young again,

**Psa 104:14** You let the earth produce grass for cattle, plants for our food,

**Psa 104:15** wine to cheer us up, olive oil for our skin, and grain for our health.

**Psa 41:3** The LORD sustains him on his sickbed; in his illness you restore him to full health.

**Isa 38:16** O Lord, by these things men live, and in all these is the life of my spirit. Oh restore me to health and make me live!

**Psa 90:10** Each of us lives for 70 years- or even 80 if we are in good health.

**Psa 42:11** Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

**Pro 3:7** Be not wise in thine own eyes: fear the LORD, and depart from evil.

**Pro 3:8** It shall be health to thy navel, and marrow to thy bones.

**Psalm 103:5** - Who satisfies your mouth with good things; so that your youth is renewed like the eagle's.

**Isa 58:7** Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

**Isa 58:8** Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.

**1 Corinthians 6:19,20 NIV** Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body.

**Health life and happiness** are the result of obedience to physical laws governing our bodies. If our will and way are in accordance with God's will and way if we do the pleasure of our creator he will keep the human organism in good condition and restore the moral mental and physical powers in order that he may work through us to his glory.  
MS 151, 1901

## **Nutrition**

**Dan.1:5-17 - Daniel risked death** by choosing to reject the king's food and drink, but he determined to be true to God and obey the dietary requirements set out in His law. Daniel also knew that the royal diet would not be good for his health. Instead of "choice food" Daniel asked for pulse - plant foods such as grains, fruits and vegetables - and instead of wine he asked for plain water. The ten-day test

showed that Daniel and his friends were noticeably healthier than those who ate the king's rich foods. Modern science has shown that the best diet for optimal health is a plant based, high fiber and low cholesterol diet. People who choose these foods tend to live longer, have more energy and be more mentally alert. The key word is "defile," which in Hebrew means just that, to "pollute, defile." Thus, for these young men, the issue was not just healthful living or a mere personal preference, it was a moral issue as well.

**1:17 - Because Daniel** and his friends were faithful God blessed them with superior wisdom and intelligence.

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue. (CG 379)

**In order to know what are** the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. . . . Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. {CG 380.1}

**Gen. 1:29 And God said,** See, I have given you every plant yielding seed that is on the face of all the land and every tree with seed in its fruit; you shall have them for food.

**The grains, fruits, nuts, and seeds:** These foods, prepared in as simple and natural a manner as possible, are the most

healthful and nourishing. They impart a strength, a power of endurance, and a vigor in intellect that are not afforded by a more complex and stimulating diet.

**The original diet consisted of fruits**, vegetables, grains, and nuts. Only later, after the flood, was the option of flesh food given. Scientific research has proven that the basic original diet is still the most healthful. By eating foods in their natural state, unrefined and without additives, many diseases can be prevented and often even reversed.

God has furnished man with abundant means for the gratification of an unperverted appetite. He has spread before him the products of the earth--a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says we may freely eat. Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, the most healthful diet. They impart nourishment to the body and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet. {CG 380.2}

**Those foods should be chosen** that best supply the elements needed for building up the body. In this choice appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. . . . The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.

**Those who eat flesh are** but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains

and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct by eating the food that God provided for our use! {CD 396.3}

**Sadness deadens the** circulation in the blood vessels and nerves and also retards the action of the liver. It hinders the process of digestion and of nutrition, and has a tendency to dry up the marrow [interior substance] of the whole system.-- Lt 1, 1883. {2MCP 458.2}

**The human body is a fine** network of automatic reactions fueled by the RAW materials provided by our food. If some of the essential nutrients are missing, body function is impaired. The highly refined foods so commonly eaten today are lacking in many important nutrients. Even "enriched" foods have only 6 or 8 nutrients replaced of the 20 or more removed in the refining process. We would hardly consider ourselves enriched if a thief stole \$ 20.00 then returned \$ 6.00.

**Eat with pleasure.** Food should have eye appeal as well as be flavorful. Our diets should include a variety of foods every day. By combining different types of food we are assured that we are getting all the necessary nutrients needed for good health.

**Protein can be obtained** from many sources other than meat. Peas and beans are excellent sources, especially when eaten with a whole grain such as buckwheat, millet, quinoa, whole wheat, oats or corn. Nuts are also rich in protein, but should be used in smaller quantities due to their high fat content. Even vegetable such as broccoli and potatoes contain protein and are high in vitamins and minerals too. Many myths exist about protein needs. Most people consume

far more protein than needed, which can overwork the kidneys and produce kidney disease.

**Remember too, that flesh meats are** concentrated food, their nutrients came originally from vegetable sources. The original diet is very adequate without the risk of animal-transmitted disease.

**Carbohydrates are** an important source of food energy. It is best, however, to abstain from the simple carbohydrates (table sugar) found in most desserts, candies, soft drinks and sweetened cereals. Complex carbohydrates are much better for us. Good sources include potatoes, brown rice, whole grain breads and whole grain cereals.

**Limit fats in the diet.** Lard, shortening, butter, fish, meat, poultry, margarine, fried foods, cream, mayonnaise and cheese contain unhealthy saturated fats. Plant fats, such as avocado, olives, seeds and nuts, used in moderation, are healthier.

**Fiber is like scrub brushes** in our bodies to keep our digestive system clean and functioning well. High fiber foods are fresh fruits, vegetables, nuts and whole grains. Meats, milk products and refined foods have no fiber and tend to clog the digestive system, leading to disease. Research has shown that a high fiber diet decreases the risk of many forms of cancer.

**Sodium (salt) is hidden** in many foods such as meat products, pickles, canned foods, baked goods with baking soda or baking powder and even many breakfast cereals. It promotes high blood pressure and heart disease. Be aware of sodium and try to limit amounts in your diet. Himalayan salt an alternative-----



### What should I eat?

A balanced vegetarian diet is the best. Every day we should enjoy liberal portions of vegetables (60%) and fruit (25%). Eat whole grains – they have all the fiber, vitamins and minerals that are lost by refining. They also help prevent overeating and obesity as they are much more satisfying. Be sure to include legumes and nuts in your diet.

**Breakfast is the most** important meal of the day! A good breakfast should contain the most calories of any meal. Choose foods high in protein and complex carbohydrates. Don't forget the raw vegetables or fruit. Try to eat a good lunch and a very light supper. Two meals a day is recommended. This will give you energy for the day and a better night of rest.

**For healthy bodies and lots** of vitality, eat a variety of good food in the most natural form possible and in moderation. Enjoy your food!!

Recipes with wholesome in mind  
Simple foods

### Exercise

The time spent in physical exercise is not lost. . . . A proportionate exercise of all the organs and faculties of the body is essential to the best work of each. When the brain is constantly taxed while the other organs of the living machinery are inactive, there is a loss of strength, physical and mental. The physical system is robbed of its healthful tone, the mind loses its freshness and vigor, and a morbid excitability is the result. {AH 494.3}

"Action is a law of our being. Every organ of the body has its appointed work, upon the performance of which its development and strength depend. The normal action of all

the organs gives strength and vigor, while the tendency of disuse is toward decay and death.”—  
The Ministry of Healing,p.237.

Everyone needs some vigorous physical labor every day. Even walking is an excellent form of exercise. If you have a sedentary lifestyle, try to build some walking into your daily schedule. Walk instead of hopping into your car for short trips. Take the stairs instead of the elevator. And take time for a brisk twenty minute walk before breakfast or at bedtime.

Perfect health depends upon perfect circulation; good circulation depends to a large degree upon the muscle tone of the body; and muscle tone is developed by exercise.

Paul knew that those who neglect physical work soon become enfeebled. He desired to teach young ministers that by working with their hands, by bringing into exercise their muscles and sinews, they would become strong to endure the toils and privations that awaited them in the gospel field. And he realized that his own teachings would lack vitality and force if he did not keep all parts of the system properly exercised. {AA 352.3}

Your body is a marvelous machine. Putting your body to work can increase your physical strength and resistance to disease. Exercise can actually improve your outlook on life!

Exercise will help:

- Control weight - the metabolic rate is increased by exercise so that more calories are burned ... and for several hours!
- Increase lung capacity and recharge oxygen supply

- Improve blood pressure, circulation and strengthen your heart
- Lower cholesterol and improve blood flow in the arteries - it can even help reverse arteriosclerosis!
- Relieve stress, tension and depression
- Improve sleep naturally - without the side effects of a pill
- Promote the body's ability to get rid of toxic wastes
- Improve metabolism - helps to prevent and treat diabetes
- Strengthen the bones and counteract osteoporosis
- Increase physical strength of muscles - when not used regularly, muscles waste and become weak and flabby
- Improve posture and decrease back problems
- Prevent the big C word - CANCER

What kind of activity is best?

Walking is the ideal exercise. Other good activities include swimming, cycling, gardening and yard work. One of the special benefits of exercising outside is that you can combine at least three of the health principle: sunlight, fresh air, and exercise.

A daily program of at least thirty to forty minutes is best for maximum benefit. The important thing is that you enjoy what you do and do it regularly.

Exercise Precautions

1. Start slowly and progress gradually.
2. It is better to exercise before a meal than right after a meal.

3. Allow time to warm up and cool down.
4. Discontinue your exercise and see your physician should you have any of the following symptoms:
  - Pain in the chest, teeth, jaw, neck or arms
  - Difficulty in breathing
  - Light-headedness or fainting
  - Irregular heart rate persisting during exercise and recovery period
  - Discomfort or swelling of joints
  - Excess fatigue
  - Unexplained weight loss
  - Recurrent nausea or vomiting occurring after exercise

A balanced and well-planned exercise program is one of the wisest investments you can make. Choose an activity that you enjoy, set a time every day and stick to it. Have fun and feel better every day!

## **Water**

Water is the major component of your blood. About 70% of your total weight is water. Your body uses water for cleansing and cooling itself, and to maintain a proper chemical balance. You lose water when you perspire, when you breathe and through body waste. A loss of 20% of your body's water could even prove fatal.

Athletes who drank water just to quench thirst did not have the endurance of those who drank as much water as they had lost. The athletes who drank more water did not become as fatigued and body temperature remained close to normal.

Brain cells are particularly sensitive to dehydration. Many people suffer headaches simply because they do not drink enough water. The kidneys and digestive organs are especially susceptible to disease if they are deprived of an adequate supply of water.

How much water should we drink?

Forcing the body to work with limited amounts of fluid is like trying to wash the dinner dishes in a cupful of water. We should drink enough water to keep the urine pale. Usually that would mean about 8-10 cups a day. Thirst is not an accurate gauge of your need for water.

All beverages are mainly water; does it matter what I drink?

Plain water is the best liquid for the body. Most beverages have sugar, which can slow digestion, contribute to weight gain, cause blood sugar swings and also requires extra water to metabolize. Colas contain phosphorus, which can deplete the body's calcium and lead to brittle bones. Nearly all beverages have artificial additives that may irritate the stomach or burden the kidneys or liver.

Caffeine is found in coffee, tea and many sodas. It can raise the blood pressure, blood sugar and blood fats. It stimulates the nervous system and can cause irritability, anxiety, tremors, chronic fatigue and insomnia. Caffeine and alcohol both are diuretics, and so deplete the body of water instead of hydrating the body.

What happens if I don't drink enough water?

The kidneys have to work much harder to excrete toxic wastes, and may be damaged. Each cell in the body needs water to function well, so inadequate water intake can cause malfunctioning and disease. Fatigue and headaches are a common result of drinking too little water.

There are many uses for water outside the body as well.

Not only is water needed inside the body but outside, as well. The skin needs to be cleansed frequently from waste material given off through the pores. If this is neglected, the body will reabsorb these toxic waste materials.

Regular bathing helps to cleanse away dirt and waste products from the skin. Cool water can help to reduce fever and warm water can bring warmth to chilled bodies. A warm bath may help if you are struggling to fall asleep. Trouble waking up in the morning? Try a cool ending to your shower, or a brisk rub of your skin with a washcloth dipped in cold water.

Remember, water is of vital importance - use it abundantly For good health and vitality. It's the Third law of nature in order to stay well.

## **Sunshine**

You probably recognize the importance of the sun to life on earth. You know it provides heat, light and food.

What can sunlight do for your personal health?

Sunlight kills germs. That is why it is important to sun and air out the blankets, pillows, and other items that are not washed often. Open up the windows of your house as much as possible. This will allow the sunlight to kill bacteria in your home as well and will help prevent mould.

Immunity is increased by exposure to sunlight, and your body's resistance to infection is strengthened. White blood cells are increased, especially the protective lymphocytes. Antibodies are increased too. These effects can last up to three weeks. Even ten minutes of sun twice a week can greatly reduce the incidence of colds. A moderately tanned skin withstands infections better too.

Bones are strengthened by sunlight. It allows the body to make Vitamin D, which helps calcium absorption from the intestines and calcium deposit in building healthy bones.

Sunlight prevents rickets and helps prevent and reverse osteoporosis. There is also a connection with lowered incidence of dental cavities.

Red blood cells function better after sun exposure. They have increased ability to carry and deliver oxygen to the body's cells. This will increase your energy and endurance and help prevent many diseases.

Cholesterol is moderately lowered by sunlight exposure. The cholesterol is changed to Vitamin D in the skin in the presence of unfiltered sunlight.

Sense of well-being is promoted by sunlight, and the mood is elevated. Daily exposure to natural sunlight will boost melatonin output, which also improves sleep. For most people sunlight is an important therapy, especially if combined with exercise, in preventing and treating acute and chronic depression. Remember to try to catch any possible ray of sunshine during winter's cold and gloomy months.

Healing properties are found in sunlight. Skin wounds heal much better with short periods of sun exposure daily. Sunlight also helps to alleviate pain from swollen arthritic joints and even relieves some symptoms of pre-menstrual syndrome (PMS).

Cancer of the breast, colon and prostate are less likely in people getting good exposure to sunshine.

#### **WARNING**

Small amounts of sunlight are wonderful. Large amounts are dangerous! Limit your exposure to the sun. A goal of up to 30 minutes a day is realistic for most people. Initially you may need to limit this to 5 minutes if you are fair-skinned, or 15 minutes for darker skins, with gradual increases. Remember that wet skin burns faster and

ultraviolet rays of the sun can reflect off snow, sand and water, greatly increasing your exposure. Ultraviolet rays can still burn even if it is a cloudy day.

Never allow yourself to burn. Sunburn raises the risk of skin cancer, malignant melanoma, the deadliest form of skin cancer, kills nearly 7,000 Americans a year.

We know that sunlight can be healing or destructive,  
depending  
on how we use it – the kiss of life or the kiss of death. Enjoy  
the  
sun sparingly and it will increase your vitality and good  
health.

## **Temperance**

A balanced life

A simple definition of temperance is “moderation”. Good things are used intelligently and harmful things are not used at all. The goal of temperate living is peak physical, mental and emotional well-being.

Temperance does not just involve alcohol, tobacco and drug use. It refers to all aspects of our lifestyle, whether it be overeating, overworking, too much play, or too little/much of anything. Such unbalanced living robs men and women of a rich, healthy and satisfying life.

Alcohol

Millions consume alcoholic beverages. Advertisements portray people who drink alcohol as being happy, congenial and fun loving. They fail to show the millions of people who are alcoholics. They fail to tell about all the auto accidents, assaults, sexual abuse, murders and suicides caused by people who have been under the influence of alcohol.



Every drink of alcohol irreparably destroys brain cells. Alcohol promotes high blood pressure and is directly toxic to heart muscle. Alcohol increases the risk of stroke, heart failure, stomach ulcers and cancer. One or two drinks can produce spasm of the coronary arteries, decreasing the oxygen supply to the heart. Liver cirrhosis is common in alcohol users. Alcohol robs the body of vitamins and minerals.

Perhaps the saddest statistics are those of damaged babies who are permanently retarded due to their parents' alcohol use.

## Drugs

Despite all the education about illegal drugs, we continue to see an increase in their use and abuse. Many begin using drugs out of curiosity, to please friends, to provide an escape from reality or to avoid dealing with problems. Because drugs don't solve problems, users often find that instead of escaping from their problems, they end up adding a tough new one - drug addiction.

Repeated use of certain drugs can result in drug dependence, physical or psychological. Someone who is dependent on a drug uses it to avoid the illness and discomfort associated with stopping it. The need for the drug often becomes so strong that users will resort to dangerous and illegal activities to obtain a continuing supply. Up to 70% of prison inmates are incarcerated for drug-related crimes.

Remember, it is far easier to prevent a drug problem than to cure one. If you or someone you know is addicted to drugs, get help!

## Tobacco

One of the most addictive of all substances used by humans, it kills 1200 Americans every day. "Smoking is the single most preventable cause of death in America." (US Surgeon General)

Besides lung cancer that everyone knows about, tobacco also is causative in many other cancers. Its mixture of over 20 poisons leads to disease: emphysema, stomach ulcers, heart disease, diabetes, and low birth-weight babies etc. Smoking is expensive - it costs Americans \$1 billion a week in extra health care and insurance costs.

Common-sense changes in your lifestyle can add years, perhaps decades, to your life. What's more, your quality of life can vastly improve. Plan right now to enjoy filling the years ahead with a balanced high quality life!

## **Air**

A human being can survive several days without food, a few days without water, but only a few short minutes without air. This element is essential to sustain life. Without air a person could have permanent brain damage within five minutes.

Why is air so important?

All nature depends upon pure air and works to produce it. While men and animals are taking oxygen from the air and giving off carbon dioxide, plants are using the carbon dioxide and giving off oxygen. When man lives close to nature, balance is maintained.

Every cell must receive a constant supply of oxygen. When you breathe stale or polluted air, the supply of oxygen

is insufficient to keep the cells strong and healthy. If oxygen is cut off entirely, cells die within a few minutes.

The air we breathe contains oxygen. Red blood cells pick up the oxygen from the lungs and carry it to all the cells of the body. Each cell needs oxygen to operate its powerhouses. Red blood cells then carry the carbon dioxide back to the lungs. When we breathe out, this is forced out of the body with the oxygen-poor air.

Poor ventilation of rooms can result in headaches, drowsiness and difficulty in concentration. The reason? When air is breathed and rebreathed over and over, the oxygen content decreases and the carbon dioxide and other wastes increase. Bad air and poor breathing habits promote depression, irritability, exhaustion and chronic fatigue.

When exercising, up to 26 gallons of air is moved in and out of your lungs per minute – but only about 1 gallon at rest. Exercise will increase the circulation of oxygen rich blood cells to all areas of the body. Your energy level and sense of well-being will improve.

#### The Solution

- Open your windows and let in the fresh air! Sleep with an open window whenever possible.
- Exercise in fresh air. This will strengthen your breathing muscles and increase your lung capacity.
- Practice good posture habits. Sit up straight with your shoulders back. You will be able to breathe deeper.
- Concentrate on breathing deeply. Stop where you are several times a day and take a few slow, deep breaths.
- Keep some live houseplants. They remove many pollutants and use carbon dioxide, replacing it with oxygen.

## Poisoned Air

One of the worst enemies of breathing freely is tobacco. Smoking causes the normal air passages to become clogged and irritated. Nicotine in the smoke constricts small arteries; carbon monoxide interferes directly with the ability of the red blood cells to carry oxygen. Together they decrease endurance and promote narrowing and hardening of the arteries.

Many smokers do not realize the danger that the tobacco smoke has upon others as well. Secondhand smoke can be as lethal as smoking is to the smoker. Especially at risk are children of smokers who must breathe this deadly air over a long time.

Smokers who quit begin to heal almost immediately. The biggest favor you can do for your body is: kick the habit and breathe free.

Some areas of the world must contend with air pollution. If that is a problem in your city, try to stay out of the worst concentrations. Don't exercise outdoors when the smog is at its worst.

There is health in the fragrance of the pine, the cedar and the fir. And there are several other kinds of trees that have medicinal properties that are health promoting.

## **Rest**

Life today is fast paced, exciting - and exhausting. Is more sleep the answer? A refreshing, uninterrupted night's sleep is a definite advantage, but most people work at sedentary jobs, with deadlines and emotionally draining problems. It is often difficult to fall asleep and rest peacefully. Fatigue is one of the commonest reasons for doctor's visits.

Sleep is essential to maintain a well-balanced mind and healthy body. It allows your body to renew itself and aids in healing. Rest strengthens the immune system and can add years to your life. If deprived of adequate sleep, great demands are made on your back-up energy resources. If you do this habitually, you can expect to have little resistance to disease and stress.

How much sleep is enough?

**Mark 6:31** - And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat.

Many do not get enough rest simply because they do not have a regular time for it. The body has a built-in clock which is "set" by the regularity of sleeping hours and meal times. Generally two hours sleep before midnight equals four hours after.

It will be easy to go to bed early and get up early when you do it for awhile and begin to enjoy the way you feel.

Usually 7-8 hours of sleep a night is best for adults. The earlier hours before midnight, are more restorative to the body. If you need to nap, the best time is in the morning.

What about sleeping medications to induce sleep if you cannot get to sleep?

During normal sleep, one has alternating periods of light and deep sleep. Dreaming seems to be a natural outlet, and takes place during the light sleep. Sleep medications often suppress this stage of sleep, and on awaking you may not feel as refreshed in spite of apparently sound sleep. If

continued over time, sleep medications will contribute to chronic fatigue.

The old adage that a "change is as good as a vacation" is often true. Overworking, worry, lack of exercise, overeating and a stressed mind are among the chief causes of fatigue. A proper mental attitude and a definite purpose for living are conducive to rest that truly refreshes.

### **The Best Sleep Inducers are Natural Means**

- Engage in active exercise daily to best counteract mental and emotional fatigue. Walk, swim or work in the garden instead of watching TV.
- Take a warm bath (not hot) with some soft music playing and dim lights to relax the body and mind.
- Have a warm drink. But avoid caffeine, even during the day. It is a stimulant that commonly causes insomnia.
- Maintain a regular schedule for going to bed and getting up.
- An empty stomach promotes better sleep, eat your evening meal several hours before bedtime and make it the lightest meal.
- Try these simple exercises to help you relax: stretch, roll your neck in slow large circles, smile and hold it, frown and hold it, raise your eyebrows and hold it, take some deep breaths, relax.
- Don't rehearse the day's problems at bedtime. Count your blessings and fill your mind with gratitude and thanksgiving.

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Matt. 11:29 - Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find **rest for your souls**. For my yoke is easy, and my burden is light.

- The ultimate rest is found in Jesus. Leave your burdens with the Lord and accept His peace and forgiveness.
- The Lord has encouraged us to work six days and rest the seventh – that is His plan for the proper balance between work and rest.

On the Seventh day God finished his work which he had made; and he rested on the Seventh day from all his work which he had made. God blessed the Seventh day, and made it holy, because he rested in it from all his work which he had created and made.

Gen. 2:2,3

## **Trust in God**

***God is as truly the author of physical laws as He is author of the moral law. His law is written with His own finger upon every nerve, every muscle, every faculty, which has been entrusted to man.***

Human beings are living longer than ever before, yet many feel less and less satisfied. In today's fast-paced life, people often feel so pressured and stressed, so full of pain, disappointment and hopelessness that they are willing to risk their health, and even their lives on almost anything that promises relief.

Emotional stress can cause physical illness. Discouragement, bitterness and anger leave your body exhausted and weaken the immune system. God has promised to lift these burdens if we bring them to Him. "Cast your cares on the Lord and He will sustain you." Psalm 55:22

Stress is one of the major causes of disease and death in modern society. People are living in a state of extended alert for an impending emergency. Worry and fear are burning out the life forces. Plenty of fresh air and good, vigorous exercise help to relieve this stress to some extent, but only trust in the constant maintenance and restorative power of the Creator can give true and full peace and rest.

Positive emotions like love, joy, faith and trust produce protective substances that strengthen the immune system and protect us. Peace of mind can have a vitalizing, invigorating influence. “A merry heart does good like a medicine: but a broken spirit dries the bones.” Proverbs 17:22

Many who are otherwise healthy carry within themselves a deep longing for something more. At the root of our being is the need for greater purpose and meaning in life. The ultimate lifestyle includes not just health and fitness; it also includes spiritual growth.

The brain is the master control of our bodies. When our brains are not dulled by alcohol, tobacco, drugs, lack of sleep or overeating, when we are exercising and getting fresh air and sunlight, we will be able to think clearly. We will be able to make sound decisions and choose to allow the Lord to speak to us.

Trust in God supplies a missing piece in our lives. It brings fulfillment and hope for the future. Trusting God opens the door to His miraculous intervention. Many people even find a relationship with God to be the key to success in achieving a healthful lifestyle.

*The One who has made us—our Creator—not only designed and formed us, but provided for this living machinery all that it needs for maintenance and development. A genuine*



*confidence in the Creator's care will wipe away fears and worries about the future and the deadening guilt from the past.*

To trust Him we must get to know Him. Invest some time, get better acquainted. Take time for stillness, away from the busyness and noise of your everyday life. Explore the deeper side of life. Take some time to step back and think about what is truly important to you.

Spend some time reading the Bible. This is God's special letter to man. The Bible is known for strengthening our minds and can give us new hope and direction.

#### GOD-GIVEN HEALTH

It is the name (representing all He is) of Jesus Christ and the faith that comes through Him that gives me complete healing. I follow God's instructions for health and healing. The Lord is my Counselor and Healer. By His grace, I am walking in God-given health (spiritually, mentally, emotionally, and physically). I trust God to give me the healing that He knows I need. He has my eternal benefit in mind. He took up my infirmities and carried all my diseases. He sent His living Word, Jesus Christ, who was bruised for my iniquities. By His stripes I was healed! This is only by FAITH!

A 'for-real' relationship with the true God, our Creator, is never optional - it is the very root of health.

Scriptures to match  
Recipes